**Identifying your cognitive-behavioral map regarding sustainability issues**

Environmental Issues and Human Behavior

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1. What values do you hold about this topic/issue? How important are these values to you? What about it is good or bad, liked or disliked?
2. What beliefs are active for you about this issue/topic? What do you believe about the cause–effect relationships between human behavior and this issue/topic? What beliefs do you reject about it? How did you come to hold or reject these beliefs?
3. What feelings do you have about this issue/topic? Like or dislike, how strongly?
4. What behaviors do you and our American society in general perform that impact this issue/topic? How do these behaviors exert their impact? How are these behaviors related to your life an your behaviors?
5. What are the outcomes of these behaviors? How immediate or distant are the outcomes of your behavior for yourself personally and for the society and planet?
6. What is the connection between your behavior and the outcome? How much responsibility do you have to choose behaviors that benefit the future well-being of humans and ecosystems? How does the term “discounting the future” apply to your behavior?
7. What barriers make the more ecologically sustainable behaviors more difficult to perform? What has to be done to lower these barriers and make ecologically sustainable behaviors easier to perform, and maybe even easier to perform than more ecologically destructive behaviors? How does a “green tax” fit into this as a behavioral influence?
8. Describe your cognitive-behavioral map of your values, beliefs, behaviors, behavioral reinforcers, and barriers around an issue/topic related to environmental problems and sustainability.